

2010 Lancaster County Profile

Nutrition, Physical Activity, and Obesity

| Adults | Lancaster County | SC* | US* | HP 2010** |
|---|------------------|-------|-------|-----------|
| Obese ¹ | 30.0% | 30.3% | 27.7% | 15% |
| Not meeting physical activity recommendation ² | 58.9% | 54.6% | 49.4% | 50% |
| Not meeting fruit and vegetable recommendation ³ | 85.3% | 82.6% | 76.6% | N/A |

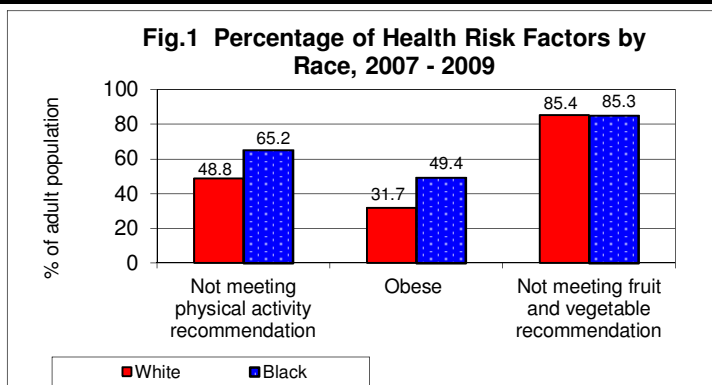
Source: 2009 South Carolina Behavioral Risk Factor Surveillance System (BRFSS)

| Adolescents | Lancaster County | SC | US | HP 2010** |
|---|------------------|-------|-------|-----------|
| Obese ¹ (HS) | N/A | 16.7% | 12.0% | 5% |
| Did not attend physical education class daily | N/A | 83.2% | 66.7% | 50% |
| Not meeting fruit and vegetable recommendation ³ | N/A | 85.3% | 77.7% | N/A |

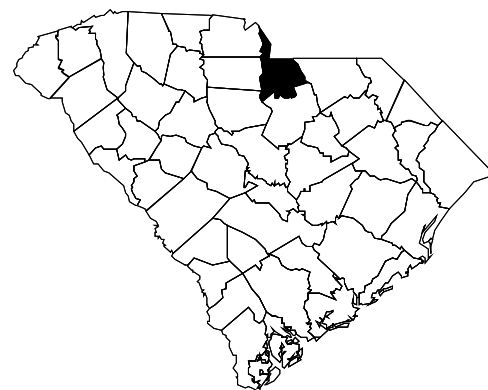
Source: 2009 South Carolina High School Youth Risk Behavior Survey (YRBS)

N/A - Data were not available

| Local Level Data | Lancaster County | SC | US | HP 2010** |
|---|------------------|-------|-------|-----------|
| Low-income preschool obesity rate (2009) ⁴ | 9.8% | 11.4% | 14.0% | N/A |
| Number of farmer's markets (2010) ⁴ | 1 | 93 | 6176 | N/A |
| Number of Farm to School Programs (2009) ⁴ | 0 | 1 | 193 | N/A |



Source: 2009 South Carolina Behavioral Risk Factor Surveillance System (BRFSS)



2010 County Highlights

- ♦ For three years, the United Way and the Lancaster Parks and Recreation have partnered to create a community garden and have had as many as 88 participants.
- ♦ Several churches have initiated programs that facilitate healthy eating and active living.

Where and how changes can be made in all counties:

| | |
|-------------|---|
| Community: | Construct new trails or greenways, construct bike lanes, create farmer's markets, increase cropland acreage harvested for fruit and vegetables |
| Schools: | Implement a Safe Routes to School program, participate in a fruit and vegetable program, incorporate physical and nutrition education into the curriculum |
| Worksite: | Implement a healthy eating policy, establish a breastfeeding-friendly worksite, |
| Child Care: | Limit sedentary time for children, establish a school garden, participate in "Fresh on Campus" program |

¹The Centers for Disease Control (CDC) defines overweight as having a body mass index (BMI) between 25 (lbs./in²). and 29.9 (lbs./in²). Obesity is defined as having a BMI greater than 30 (lbs./in²). For children age 2 to 20 years old, CDC has developed a definition of overweight and obesity based on the 2000 CDC growth charts for age and sex. Children and youth who are between the 85th and 95th percentiles are considered overweight; children and youth who exceed the 95th percentile on these charts are considered obese.

²The physical activity recommendation says that adults should do at least 150 minutes (2 hours and 30 minutes) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic physical activity or a combination of the moderate and vigorous-intensity physical activity.

³ Recommended fruit and vegetable consumption is 2+ fruits and 3+ vegetables daily.

⁴ Food Environment Atlas: <http://maps.ers.usda.gov/FoodAtlas/foodenv5.aspx>

*Obese and not meeting recommended physical activity data are age-adjusted

** *Healthy People* provides science-based, 10-year national objectives for improving the health of all Americans. *Healthy People* has established benchmarks for these objectives and monitored progress over time. www.healthypeople.gov

Obesity can lead to such health risks as elevated cholesterol, diabetes, high blood pressure, sleep apnea, orthopedic complications, and mental health problems.

For More Information about Nutrition, Physical Activity, and Obesity:

Division of Nutrition, Physical Activity and Obesity:

DHEC Bureau of Community Health and Chronic Disease Prevention

<http://www.scdhec.gov/health/chcdp/obesity/>



For more ideas on what you can do to make changes in your community go to Eat Smart Move More SC

www.eatsmartmovemore.org/options-for-action/

Generated by: DNPAO, Bureau of Community Health and Chronic Disease Prevention

http://www.scdhec.gov/hs/epidata/state_reports.htm

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